

November 1999

SERVING THE BLACK AND CARIBBEAN COMMUNITY FOR OVER 37 YEARS

## Motorola Canada Limited Makes Donation



Brenda-Jean Lycett, Manager of Workplace Diversity with Motorola Canada, was overjoyed to deliver \$15,000 USD to the Jamaican Canadian Association Building Fund on October 25.

Totlyn Douglas, JCA member and Motorola employee, requested a contribution from the company. Upon learning more about the JCA, Ms. Lycett

pressed the US based Motorola Foundation to consider JCA for its International Grants Program.

To show our sincere appreciation and gratitude, at the JCA, Motorola will forever be present at the JCA Centre. Our computer room will be named in honour of the company.

### QUARTERLY MEMBERS MEETING

Sunday November 28, 1999

2 p.m. at the JCA Centre

**FOR DETAILS CALL: (416) 746-5772**

*From left to right: Totlyn Douglas, Brenda-Jean Lycett, Herman Stewart, and Erma Collins*

**The Jamaican  
Canadian  
Association.  
37 Years  
of Service and  
Comittment!!**

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# Editorial

## A POLICE CHIEF FOR A DIVERSE CITY

At the time of writing, Toronto had yet to choose a new chief of police – someone to take office in February 2000.

This person would be responsible for Canada's largest city police force, serving the country's most numerous and diverse metropolis. He or she will earn about \$150,000, oversee a budget of \$524-million, and manage 4,900 uniformed officers and another 2,100 civilian staff.

The new chief will set the tone for police/community relations in Toronto – a city with an improving but still regrettable history of confrontation between officers and residents who are visible minorities.

We applaud the efforts of outgoing chief Dave Boothby to integrate community policing into the Toronto force, as a way of building relations between people and police. But we are mindful of his comment that this continues to be a hard sell to members of the force.

The Jamaican Canadian Association believes in positive race relations – within the police service, and between the police and the wider population. Community agencies such as ourselves ought to have a say in who gets chosen, and we thank Toronto Police Services Board member Sylvia Hudson, a Jamaican, for giving us that opportunity. Here's what we put forward as our ideal qualifications for a new police chief:

- Experience policing in a multicultural city. Indispensable. It takes years to build good police/minority relations, and just one ugly incident to crash it all down. We need someone with sound judgment in these matters – someone who will build meaningful linkages and establish ongoing dialogue with all of Toronto's diverse communities.
- An outsider – someone untainted by the tiresome politics that seems to permeate College Street headquarters, and able to bring fresh perspectives to the management of the service.
- A strong leader – someone who will not be manipulated by the Police Association.
- A strategic administrator – someone able to implement the long-overdue restructuring of the police service to make it more effective, efficient and accountable.
- A strong supporter of equal opportunity – the service should reflect the community it is policing. The Toronto police service needs workable policies to attract officers of various cultural and racial backgrounds. It then needs to keep these officers by ensuring a discrimination-free work environment and providing equal opportunities for promotion.
- Promoter of community policing. You have to walk neighbourhood streets to get to know Torontonians. We need more of this, in the interest of safe and harmonious communities. Let's get a chief who can pick up where Boothby left off.

Finally, where qualifications being equal, consideration should be given to putting a woman in the job.

## The Jamaican Canadian Association. 37 Years of Service and Commitment!!

IN FOCUS is published by the Jamaican Canadian Association, 995 Arrow Rd., North York, Ontario, M9M-2Z5, Telephone (416) 746-5772, Fax: (416) 746-7035

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Letters and submissions welcome. The Editorial Committee reserves the right to edit materials for length.

# President's report

By Herman Stewart

While in Jamaica recently, I was privileged to be in the company of the Jamaican Canadian Association. I was able to meet with the President and other members of the association, and we had a very productive meeting. We discussed the challenges and opportunities facing the association, and I was able to share my knowledge and experience in dealing with these issues.

It is with a great deal of excitement and pride that I write this report. Our dream of having our own fully equipped community centre is now a reality.

I am using this forum to express my sincere thanks and appreciation to all whom supported our various fundraising activities over the past three years. To all those who volunteered and to our major donors, I offer a heartfelt thank you.

Our task now is to make sure that the centre generates the income necessary to maintain the repayment of the bank loan, which is \$7,149.00 per month. This is in addition to our mortgage of \$345,000 that carries a monthly repayment of \$3,050.00.

We must capitalize on the excitement and enthusiasm that the new centre has generated to increase our fundraising efforts. I am confident that, collectively, we can meet this challenge.

As you might have read elsewhere, we spoke out strongly against the Immigration Department sending officers on incoming flights from Jamaica prior to disembarkment. We sent a strongly worded letter to the Minister of Immigration condemning this discriminatory practice. Subsequently, we met with senior officials from the Immigration Department. As a result of this meeting there will be a town hall meeting at our centre on November 25, 1999. Senior representatives of the Immigration Department will attend. They will explain the policies and then answer any questions and concerns that we may have. All are invited to attend and participate in the meeting.

knowledge to deal effectively with the challenges ahead. As a result, we have a strong foundation for the future.

We are quite pleased that the CRTC is again taking applications for a radio station license. Milestone Communications headed by Denham Jolly is again applying. Share Newspaper, headed by Arnold Auguste is also putting forward an application. The time is long overdue for our community to have a radio station. I urge all readers of this report to let the CRTC know your views on this issue.

We have many activities planned for the fall, and I hope you will be able to support one or more of them.

I look forward to seeing you at our membership meeting on Sunday, November 28<sup>th</sup>.

The Jamaican Canadian Association. 37 Years of Service and Commitment!!

## SEASONS GREETINGS FROM THE JCA!!!



# Welcome to the JCA Team

## Vice President

My name is Valarie Steele and I am the newly appointed Vice President of the JCA. I am Jamaican and came to Canada several years ago. I am an active member in the community at large and the Jamaican Community in particular. Being a productive member of my community is a precedent I saw in my early years growing up in Jamaica. Participating to make things better in our schools, policing and day to day quality of life. On these issues my commitment is firm. I worked in the financial industry for several years but I am now a self employed consultant and married with two teenage children.

One of my roles as Vice President is

to Chair the Management Committee and liaise with the program delivery personnel and other staff. So far, I have been learning about the delivery of programs and viewing the landscape to see how we can improve on the delivery of service to our community while continuing to serve our community well. I believe that we as Jamaicans have made excellent contributions to the community at large and our community in particular. This new centre has given us a home away from home so that we can help those in our community who are in need of varying kinds of assistance.

Like most Jamaicans, I am proud of my heritage and have indulged my Canadian born children in many, many things Jamaican. I will work to the best of my ability to ensure that we continue to build on what our founding members started. This is a great time to be working with the JCA and I invite you to become members. Come see the Centre and work/walk with us on this exciting journey.

The Buy-A-Brick drive will end on December 31, 1999. If you have not already done so, please make your purchase before the deadline and help us pay for our new home. I look forward to your support as I pledge continued service to the JCA.

**TOGETHER  
WE CAN  
DO IT.**

**Come and celebrate with us....**

**THE JCA NEW  
YEAR'S EVE  
MILLENIUM  
GALA**

**Friday December 31, 1999**

**Cocktails at 6 pm  
and Dinner at 7 pm**

## SENIORS CLUB

995 Arrow Road  
Tues. & Thurs., 11 a.m. - 4 p.m.

**Our activities Include:**  
arts and crafts, choral group,  
discussions, seminars and  
field trips. Come and meet people  
who will treat you like family and a  
friend!!

For more information call

**(416) 746-5772**

# Jamaicans For Justice

By Joan Davidson

While in Jamaica recently, I was privileged to attend a meeting of a new and dynamic organization - Jamaicans For Justice, a group of individuals dedicated to empowering the powerless!

There are many problems in Jamaica but underlying everything is the injustice, which pervades the society. A general feeling is that neither the elected political directorate nor the security forces and the judicial system have dealt with this problem. Such inaction and lack of concern contributes to the daily rising crime rate.

Jamaicans for Justice are of the opinion that these conditions have lead to great divisiveness in the society, in so that the problems cannot be tackled in the proper manner. They feel that working together Jamaicans can make fundamental changes in the lives of all. To this end, they have formed a non-partisan citizens action group, made up of people who have the skills and

knowledge to deal effectively with the system. They have assisted persons of all walks of life; who may need such expertise in dealing with the authorities. Their aim is to offer channels of contact between various groups who see themselves in a situation of conflict with other groups - be they political, social or cultural - so that disputes can be settled in an atmosphere of calm.

Jamaicans for Justice are not anti-authority or pro crime - they are pro rights for all. Those in positions of power must understand that there are consequences to actions and no one is powerless under the law. Peace with out justice is not peace, only the absence of war. Justice for Jamaicans has intervened in several cases where the perception is that the security forces have acted illegally and

unjustly. As a result, the word is out that they are ready, willing and able to act; they are receiving further requests for help. Of course, this does not come cheaply. For example, on three occasions they have had to hire a pathologist from Barbados to officiate at autopsies at a cost of J\$40 000 for each visit. It is good to report that following this action; administrative changes were instituted in the procedures, so it is hoped such action will not be necessary in the future. It only shows that with proper handling change can be effected.

It is hoped the Jamaicans in Canada will join hands with those remaining home and support Jamaicans for Justice.

**What Is Jamaicans For Justice?**  
A group of concerned citizens who want the issue of justice, integrity, and constitutional reform issues given the priority they deserve in the minds of Jamaicans. As a group, we have no political affiliation. Our membership may include persons of various or no political persuasion.

## Our Mission

Jamaicans For Justice is a non partisan citizens action group which works to bring about fundamental change in Jamaica's judicial, economic, social and political systems in order to improve the present and future lives of all Jamaicans.

Donations for this organization are appreciated. Please send all donations to the JCA marked JOJ. Tax receipts will be issued for donations over \$10.00.

**THE OFFICIAL BLACK  
HISTORY MONTH  
POSTER  
FOR THE  
MILLENIUM**

**CALL (416) 265-6428**

# Women's Space

Submitted by the JCA Women's Committee

Source: The Registered Nurse Jan/98  
**MARY SEACOLE: THE JAMAICAN NIGHTINGALE**

Mary Seacole practiced as a nurse and healer in the nineteenth century. A contemporary of Florence Nightingale, Seacole was also an adventurer, humanitarian and social activists as well as an entrepreneur who considered gold prospecting. We would know little of her life had she not published a book in 1857 which detailed her experiences in Panama and the Crimea.

Mary Seacole was born in 1805 in Kingston, Jamaica of a Creole mother and a Scottish military father. Like many traditional women nurse/healers, Seacole learned from her mother. Jamaica, like most British colonies of the time, supported a naval and military base, in this case in and around Kingston. Seacole's mother ran a boarding house and was well known, particularly by the local British military, for her skills as a nurse/healer. From age twelve, Seacole assisted her mother caring for invalid officers or their wives who boarded in their house. She developed a taste for travel and as a young woman accompanied relatives to England, and did some buying and selling in Haiti and Cuba.

Seacole's account of her life up to 1850 is sketchy, however, we do know that she developed her skills in Creole medicinal art and married. Her husband was "delicate" and she kept him alive by "kind nursing and attention" as long as she could. Following her

husband's death, Seacole decided she had developed enough confidence in her own powers to remain "an unprotected female" despite "many pressing candidates to fill Mr. Seacole's shoes."

Mary suffered further loss with the death of her mother, however she continued her mother's work gaining an increasing reputation as a skillful nurse and "doctress." In 1850, a cholera epidemic swept Kingston and she further enhanced her reputation through caring for the sick.

Following the cholera epidemic, Mary decided to give in to her "disposition to roam" and traveled to the Isthmus of Panama, where her brother had recently set up a store and hotel. This was the time of the first California gold rush. Mary planned to assist her brother, set up her own store and minister to the sick. She took two servants and went well supplied with various goods.

She soon found herself in the midst of another cholera epidemic and due to her previous experience was able to diagnose the first cases. She also rightly believed the disease to be contagious, even though transmission was not understood at the time. Her treatment of cholera depended on the "constitution" of her patient, but included the use of mustard plasters, calomel (a purgative), "strengthening" medicines, water and cinnamon and

rubbing the body with warm oil or camphor. She avoided opium which she felt weakened the patient. Her practice appeared an electric mix of traditional and regular mid-nineteenth century medical therapies. Through care of rich and poor alike, Seacole secured her reputation in Panama.

Despite her successes, Seacole found life in Panama rough and lawless. Although generally well treated herself, she was very aware of racial prejudice and was particularly critical of American attitudes to slavery. While in Panama, along with some local people, she helped a young slave, cruelly treated by her mistress, to escape. She encountered prejudice when passengers on an American ship bound for Kingston, refused to have her on board.

She returned home around 1852 on a British vessel. At home, Seacole was quickly preoccupied with an epidemic of yellow fever. Again she nursed British military men, their wives and children. Army authorities asked her to provide nurses for their camp near Kingston and she went there, leaving her sister in charge at home. She returned to Panama, briefly considered gold prospecting near Colon, and while there, met a Mr. Day, later to become her business partner. In the summer of 1854 she learned distressing news concerning conditions in the Crimea, where many of her Kingston military friends were now fighting; she vowed to offer her services in the care of the sick and wounded.

The Crimean War (1854-56) was fought by Britain and France against Russia on behalf of Turkey. The British army was ill-prepared with inadequate arrangements for care of the sick and wounded.

*continued on page 7*

# Capital Fundraising Committee

By Erma Collins, Chair.

As you will recall, the purpose of the Capital Fundraising Committee is to go beyond the JCA membership to raise funds for our Building Project. At this point, the results have not matched the efforts, however, we continue to seek funders.

On the political front, the president and I have visited almost every Federal politician in the Greater Toronto area, putting our case to them. They all promised to do what they could, but the official response so far is that the Federal Government no longer funds bricks and mortar.

With the help of Denise Minick, a fundraising co-ordinator whom we had for a while, we wrote to 21 charitable foundations, including Trillium (Ontario Government foundation). Presently, we have had \$2,500 from J.P. Bickell Foundation.

We have also contacted several businesses and mutual fund companies. In some cases, we have sent additional letters signed by the Hon. Lincoln Alexander. Of 19 companies we contacted, five have responded with donations: Western Union, Jamaica National, Victoria Mutual, Grace Kennedy, The Jamaica Gleaner (\$400 received since the last report). The other companies contacted were AIC Ltd., Fortune Financial, Trimark, Mackenzie, Rapid Remittance, Mr. Gouda, Alliance Insurance Brokers, Base4 Bioinformatics Inc., Paddy's Cartage and Courier Service, TWI Inc., Sprint Canada, Bell Mobility, Nokia Cellular Phone Sales, Hockley Highlands Inn and Conference Centre.

In addition to politicians, foundations, and businesses, we contacted 17 outstanding

individuals, asking them to arrange receptions, dinner parties, etc. and invite possible donors.

During the United Way Campaign from September to December, JCA is not allowed to solicit companies. The committee has gladly turned its attention to planning events. We are now in the process of planning a Celebrity Brunch for February 20, 2000. And liaising with a small group that is planning a golf tournament for next summer. More about those later.

Fundraising Events  
Submitted by Pat Williams

I would like to recognize the hard work of those of you who participated in this year's walkathon. However, we are hoping that next year we will be more successful. Our projected goal will be \$50,000. I am confident that we can achieve this target due to our past successes.

Christmas Bazaar is back by popular demand for Saturday, December 4, 9:00 a.m. to 5:00 p.m.

Join us at our New Year's Eve Gala as we celebrate the beginning of the millennium on December 31, 1999. This is a formal affair. Our celebrations will be rocking to the delightful music of the Ashante Band and the mellow tones of Al's Supernatural. Cocktails served at

6:00 p.m. and dinner at 7:00 p.m. Champagne and party favours at midnight. Cost is \$75 per person. Tickets are on sale now and will not be reserved. We have started early to ensure that this affair will be memorable for one and all.

Please telephone the JCA office at 746-5772 ext. 221 or 0 for more information on any of these functions. A list of ticket agents are also available.

## Women

When reports of the horrendous conditions reached the public, an outcry ensued and Florence Nightingale came on the scene. We all know about Nightingale's herculean efforts in transforming the military hospitals in the Crimea, but very few know of the less public work of Mary Seacole.

In late 1854, Seacole travelled to London and applied to the War Office to serve as a nurse in the Crimea attempting to join a second group of nurses leaving to join Nightingale. Seacole considered her experience a valuable asset but was unsuccessful in her quest and wondered if her colour had counted against her. Undaunted, she decided to go anyway and joining forces with her old acquaintance Mr. Day,

*Continued on Page 11*

# TID BITS

Submitted By: Alton Telfer

Now that winter is gradually making an appearance, I hope you have had a very healthy and enjoyable summer. It has been said however, that in Canada especially in Ontario there are only two seasons in the year, winter and road repair. One tends to believe this, because every year at this time, it gets very difficult to drive from point "A" to "B" without running into the obstacle of road repair. These repairs are necessary at this time, therefore, it is a necessary evil. The temperature, some complained was too hot at times. Canadians think that West Indians should not feel the heat as much because we were born and raised in that climatic condition. If this is so, then the same applies to them when the winter comes carrying with it sub zero temperatures.

## Seat Belts!

Now let me take you to Jamaica. Did you know that a seat belt law comes into effect on November 1, 1999? Here is what the law dictates, the penalty for driving a motor vehicle that is not fitted with seat belts or one that is fitted but is not used by the passenger is \$J500.00 and two demerit points. The cars of the Sixties, Zodiacs, Morris Oxfords and Zephyr that are still on the road are certainly in for a treat.

## Meters?

The last time you took a Taxi Cab in Jamaica, did the operator turn on a meter before starting the journey? I guess not, because there isn't any. Soon the law will be in effect whereby all Taxi Cabs must operate with a meter.

## Traveling? Know your documents!

Here is a reminder to Landed Immigrants or Canadian Citizens travelling on a Jamaican Passport. Be sure to have the Landed Immigrant Form (IMM 1000) clipped into your passport before travelling out of Canada. This is especially important when a new passport is issued. Here is an interesting true story. July 4<sup>th</sup> of this year the Canadian Friends-St.

## Accolades!

Thomas Healthcare Organization based in Toronto, took a team of volunteers to Jamaica (Doctors, Nurses, Technicians etc.) to work at the Eye Clinic they established at Princess Margaret Hospital in St. Thomas. After a week of testing eyes and fitting glasses we were ready to return to Toronto. At the check in counter at Norman Manley Airport a member of the team was told that she would not be allowed to board the flight because she did not have the proper travel documents. After much ado she was left behind. The next day she went to the Canadian High Commission's Office in New Kingston. There she was given a permit to re-enter Canada. Much relieved, she collected her luggage to board the 3:30 p.m. flight.

Arriving at the airport, she was told her ticket was no longer valid and to travel she must purchase a one way ticket for \$500.00 Canadian dollars.

This episode occurred as a result of a new passport that was issued

and there was no statement in it identifying her as a landed immigrant in Canada. She was also not cognisant of the fact that the form (IMM 1000) was more important in this instant than the passport. There are many incidents like this, therefore, I must exhort you to be sure not to leave town on a Jamaican Passport without the said form.

# Keys to Success

Excerpted from Father's Scrapbook  
Submitted By: Amy Nelson

## Good Goose-sense

In the fall, when you see the geese heading south for the winter, flying along in "V" formation, think about what science has learned about why they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following it. By flying in a "V" formation the whole flock can fly at least 70% farther than if each bird flew on its own. Perhaps people who share a common direction can get where they are going more quickly and easier if they cooperate and work together.

Whenever a goose falls out of formation, it feels the resistance of trying to go it alone, and quickly gets back into formation to take advantage of flying with the flock. If we have as much sense as a goose, we will work with others who are going the same way as we are. When the lead goose gets tired, it rotates back in the wing and another goose flies on the point. It pays to take turns doing the hard jobs for our group. The geese honk from behind to encourage those up front to keep up their speed.

Finally, when a goose weakens or is wounded and falls out of formation, two geese fall out and follow it down to help and protect it. They stay with it until it is either able to fly or it is dead, and they then set out on their own or with another formation until they catch up with the group. If we had the sense of a goose, we would work

together toward our common goals and stand by each other in times of need!

# Students From Dupont School

Submitted by Claudette Cameron Stewart

On Saturday, September 25, 1999 the JCA hosted an exciting group of students, a Principal, and 2 teachers from Jamaica. The students, all between 9 and 11 years old, along with their Music Teacher performed folk songs, speech and poetry from their Jamaican festival entries for a surprisingly large audience at the JCA. (There was no time for advertising their visit – just by word of mouth).

They were feted with lots of food and wonderful gift bags all graciously prepared by the Membership Committee team.

This beautiful story unfolded due to the graciousness of a chaplain at the St. Thomas Xavier Catholic School in Mississauga, Mr. Brian Finamore. Mr. Finamore who teaches at St. Thomas' has been visiting Jamaica for a number of years, taking along with him his own kids and students from his school to work with kids in various Jamaican schools – in May Pen and Kingston.

On his last visit to Jamaica, his group worked with the students and teachers at Dupont Catholic School in Olympic Gardens, Kingston. Mr. Finamore had a vision to bring some of the students from Jamaica to Canada. He threw out a challenge to the students and staff of Dupont School to bring their talent and Jamaican pride to the

students and staff at St. Thomas' school. He then threw out a challenge to the St. Thomas' staff and students to play host to the Jamaican group. He was overwhelmed with the response from both student bodies. Mr. Finamore sponsored the students from Dupont School (sadly, not all were granted visas), and 11 students were able to make the trip.

The visitors were greeted in grand style, with a large Welcome banner, by a huge contingent of St. Thomas' students, teachers, staff, priest, Mr. Finamore and his family, along with Hyacinth Wilson and Raphaelita Walker of JCA's Membership Committee. The visitors 14 days included a grand tour of all the regular tourist sites – Niagara Falls, Canada's Wonderland, CN Tower and much more. As well, through the efforts of Raphaelita and Hyacinth on October 5, they paid a courtesy visit to the Consul General, Mr. Herman LaMont, at the Jamaican Consulate and a once in a lifetime experience visit to Jamaica's "Lady of Culture", The Hon. Louise Bennett-Coverley (Miss Lou). The children were in awe at meeting Miss Lou, who of course had left Jamaica before any of them were born!

Thanks Mr. Finamore, all staff and students of St. Thomas Xavier Catholic School, the JCA, and the Membership Committee and of course, the visitors from Jamaica. Your little taste of home was like water in a dessert.

# Experienced Workers (JASEW) program

The Human Resources Development Canada (HRDC) sponsored Job Assistance Services for Experienced Workers (JASEW) program began in August at the Jamaican Canadian Association.

This program is specifically designed to assist older workers in their job search. Participants will learn a variety of skills to assist them in regaining employment. There are workshops on Wednesdays' from 9.30 – 12.30 p.m. as well as one-on-one job placement assistance.

Workshop topics include:

## Workshop 1: Coping With Change/ Career Awareness and Assessment

The objective of this workshop is to assist participants in:

- Coping with issues of job loss
- Understanding labour market changes and labour market information



Jamaican Canadian Association hosted its first Citizenship Ceremony at the Centre. Fifty participants from 24 countries including Jamaica received their citizenship under the ceremony presided over by the Honorable Judge Stanley Grizzle. It was attended by Jamaica's Counsel General, Herman Lamont, far right; JCA's Herman Stewart, far left; citizenship recipient, Barbara Baldwin Hendricks, second left and RCMP Officer, Howard F. Adams, third left. Also in attendance were Councillor Judy Sgro, and M.P. Jean Augustine.

- Overcoming the myth related to age
- Exploring alternative career paths

## Workshop 2: Job Search Techniques

The objective of this workshop is to ensure that the participants

leave with an outline of a resume, cover letter and reference page

- The participants will gain knowledge on how to write an effective resume and cover letter

## Workshop 3: Networking/ Marketing

Learn how to tap into the hidden job market and approach prospective employers. Get involved in one's own job search goal by:

- Learning how to network and market oneself
- Gaining an understanding of what employers are looking for in your

job interview responses

## Workshop 4: Job training and readiness

Participants will learn how to:

- Use the internet for job search
- Learn how to format resume and cover letter in MS Word
- Maintain a positive and professional image
- Deal with stress and discrimination at the workplace

One-on-one assistance is available Monday, Tuesday, Thursday and Friday 9 a.m. – 5 p.m. We strongly urge you to call 416-746-5772 ext. 247 and arrange a time for your one-on-one assistance.

The program coordinator Audrey Taylor comes to us from a varied background with a Masters of Art degree and post-diploma in Human Resources Management.

# Membership Committee Report

By Francella Moore, Membership Services Chair

Summer is now over and we will be facing another winter with heavy coats and boots. We must remember to dress the little ones warmly and to drive carefully.

The Seniors dinner took place on Sunday, September 19, 1999 with over 250 in attendance. After all expenses were paid, we were able to deposit \$1,095 from donations received.

Many thanks to the guest speaker, Ms. Jean Augustine, M.P. for the wonderful speech, encouraging the seniors to continue the great work they have been doing. Special thanks to our Master of Ceremony Mr. Bromley Armstrong for a splendid job.

Many thanks to the following individuals and businesses for their contribution and to the entertainers who have helped to make

the day successful:

## ENTERTAINERS

Yanick Allwood

Shara Chang

Norman (Sabu) Grant

Stephen Conville

JCA Senior's Choir

## DONATIONS

Holiday Inn

Eddy Grant

Bailey's Tax Service

Black Elegance Beauty Supply

Norma Smith

Collins Richards

events.

The Children's Christmas Party will be on Sunday, December 5, 1999 from 2-5 p.m. at the JCA Centre. The deadline for registration is November 19, 1999. It is important to register your child early in order for us to purchase adequate amounts of gifts.

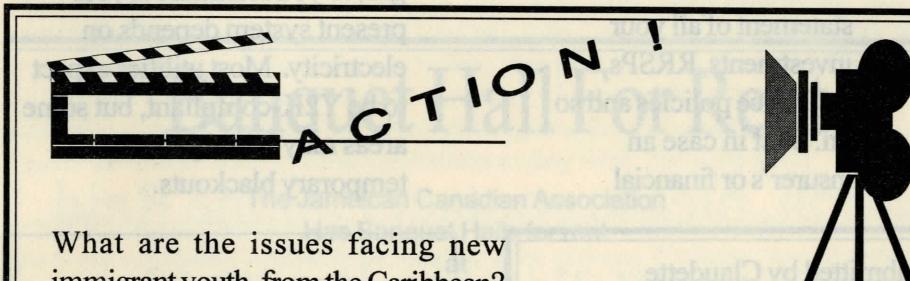
The JCA is seeking new members, tell a friend, family member or a co-worker about us and encourage them to join the organization. Remember to inform us if you know of a member who is sick, passed away or needs a visit from the visitation group.

If you have not received any mailings or calls from us informing you of our events, do not hesitate to call the office and leave your complete address and telephone number so that we may update our records.

# WOMEN'S SPACE

planned to set up a store and hotel near the Front. Mary would run a "mess table and comfortable quarters for sick and convalescent officers." She sailed to Constantinople in January 1855.

We know that Seacole met Nightingale as her book provided a description of this brief encounter. On her way to the Front, Seacole visited the hospital at Scutari and armed with a letter of introduction from a physician friend, was granted a meeting. Seacole's only request was a bed for the night, she would then continue on her way. Although Nightingale was very courteous; accommodation was scarce.



What are the issues facing new immigrant youth from the Caribbean? If you arrived in Canada within the last 5 years, your views are important to us! How can you get the schools, social service agencies, and parents' to address your concerns, experiences and issues? The Jamaican Canadian Association has just the tool- a video documentary. A documentary developed, created, and produced by you. There is no better way to be heard. We are seeking committed, creative, enthusiastic individuals to be a part of this project. If you are a musician, actor, writer, film student or want to speak

about your life in Canada as a youth from the Caribbean, please give us a call.

## The Jamaican Canadian Association

995 Arrow Rd. North York,  
Ontario  
M9M 2Z6  
(416) 746-5772

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# Y2K - THE YEAR OF LIVING CAUTIOUSLY

Excerpts from Certified General Accountants Magazine, September Issue

Submitted by Carol Plunkett

## WHAT IS Y2K?

The truth be told, the world has never had to deal with a situation quite like the millennium bug before, so its totally possible that there may be a few surprises when the clock strikes midnight. This is where business continuity planning comes in. This "big picture" planning is intended to ensure that organizations are able to maintain a minimum level of production and or service in the face of unexpected Y2K-related failures. Many businesses already have disaster recovery plans in place that ensures the continuity of core business processes.

## CHECK LIST FOR THE NEW MILLENNIUM

No one can tell you in advance what

you will encounter personally in the way of the year 2000 problems. While purchasing a Y2K "survival kit" seems excessive, there are specific steps you can take to mitigate any personal impact. Some of these include:

- Before Jan. 1. 2000, make arrangements to have on hand 2 week's worth of cash. While your bank may well be Y2K-compliant on the first business day of 2000, you probably won't want to run out of cash or endure long lineups should local ATM outlets fail.
- Keep a hard copy of the December 1999 statement of all your investments, RRSPs, insurance policies and so on. Just in case an insurer's or financial

institution's records are mixed up, you will still have up-to-date proof of ownership.

For the same reason, keep a hard copy of December 1999 statement of all your credit cards and bank accounts.

Depending on your level of risk aversion, you may or may not want to be on an airplane as 1999 changes into 2000. A modern airplane has more than 500 embedded systems. Granted, most of those systems do not have date dependencies, but no one really knows what risks the date rollover poses to air transportation.

Consider adding an alternative heating system, such as natural gas, to your residence if your present system depends on electricity. Most utilities expect to be Y2K-compliant, but some areas may be subjected to temporary blackouts.

## WEBSITES

Submitted by Claudette Cameron-Stewart

With the Year 2000 almost upon us and with more and more people checking out the World Wide Web (Internet), here are a few "web sites" that may be of interest to a number of people:  
[www.hungersite.com](http://www.hungersite.com) (every time you visit this site, you feed a hungry person somewhere in the world)  
[www.rootsweb.com](http://www.rootsweb.com) (If you are interested in your "Roots")  
[www.ancestry.com](http://www.ancestry.com) (another "Roots" site)  
[www.unitysweb/dennisbrown/memorial.htm](http://www.unitysweb/dennisbrown/memorial.htm) (dedicated to the late Dennis Brown)  
[www.jamaicangleaner.com](http://www.jamaicangleaner.com) (where you can read the Gleaner daily, except weekends)

I will give a few more sites in upcoming issues of In Focus.

# WOMEN'S SPACE continued

and Seacole was given a bed in the home of a washerwoman who housed invalid nurses.

Seacole first spent several weeks in the harbour at Balaclava guarding her supplies, selling some wares and assisting with the wounded on route to ships in the harbour. After choosing an area two miles from Balaclava, close to army headquarters, she and Mr. Day erected a temporary building as their base which they named the British Hotel. For the remainder of her stay, she ran a restaurant, bought and sold goods and worked as an independent nurse.

Seacole provided nursing care at the British Hotel and at the Front and prescribed and supplied her own "medications" and treatments which included nourishing food. Treatments and medications consisted of wound applications; medicine for jaundice, dysentery, and chest inflammation; her

cholera remedies; bitter sherry for bowel complaints, and chicken broth. She was known for her kindness and willingness to go into dangerous areas. Army doctors appeared to appreciate her assistance and perhaps unlike Nightingale, felt she did not present a threat to the physicians. She watched the final siege of Sebastopol from a hill near the British Hotel and was given a permit by the army to enter the fallen city. Following this final siege, the war was essentially over and armistice was declared in February 1856. Seacole was "among the last to leave the Crimea".

We know little of Mary's life following the publication of her book in 1857. She returned to England from the Crimea

somewhat broken in health and strength, with little money, having used up her savings and earnings on her charitable work for the troops. A group of influential army personnel in England did subscribe to a fund for her. She was given medals by France and Turkey. It is presumed that she spent her remaining years in London as she was buried there in 1881.

## JAMAICAN CANADIAN ASSOCIATION

### LIST OF COMING EVENTS

#### Membership Drive Months

September & October

#### Quarterly Members' Meeting

Sunday, November 28, 2:00 p.m.  
JCA Centre

#### "One Stop Shopping" Christmas

Bazaar  
December 4  
9:00a.m. - 5:00 p.m.  
JCA Centre

#### Children's Christmas Party

Sunday, December 5, 2 - 5 p.m.  
JCA Centre

#### New Year's Eve Millennium Gala

Friday, December 31st  
Cocktails 6:00 p.m.  
JCA Centre, Dinner 7p.m.

## Banquet Hall For Rent

The Jamaican Canadian Association  
Has Banquet Halls for rent

at  
The Jamaican Canadian Association Centre  
995 Arrow Rd., Toronto  
Highway 400/Finch Avenue West

Halls Are Competitively Priced  
With State of the Art Facilities

Catering Provided by JCA Or Use Your Own Caterer

Centrally Located, Wheel Chair Accessible  
Easy Access, Free parking, Security  
For More Information  
Call 416-746-5772 ext. 245

JCA is now offering  
advertising at low rates.

**IN FOCUS** has a wide  
circulation inside and  
outside the Caribbean  
community. For more  
information please call  
(416) 746-5772.

# NOTICE

The Nominating/Selection Committee is seeking candidates for the following positions on the JCA Board:

- 1) President
- 2) Executive Secretary
- 3) Fundraising Committee Chairperson
- 4) Education & Cultural Committee Chairperson
- 5) Youth Affairs Committee Chairperson
- 6) Three Trustees

Elections will take place at the Annual General Meeting in May, 2000.

For further information, please contact Pauline Reid, Nominating Committee Chair at (416) 267-7574

We are in need of a pool table and a table tennis board for our members lounge. Donors will be recognized in a public and permanent manner.

Contact Uriel Soares, Building Committee Chair  
(416) 746-5772 ext. 245

## Ol' Time Christmas

By Charlene Campbell  
Jamaica Information Service

"What happened to the good ole days," many may ask, "when Christmas was Christmas?"

Times have certainly changed and many young people today have no knowledge of what the traditional "Christmas time" was like in Jamaica many years ago. As the Yuletide season is upon us, let's take a trip down memory lane and relive the experiences of *ol' time Christmas*- Jamaican style.

In those days, the approach of the festive season was signalled, as it still is, by the cool Christmas breeze and the blooming poinsettia. Soon after, the customary 'fixing up' began. Special trees and large stones that lined driveways or walkways were whitewashed (a custom which is still carried on today) Slaked limestone was a common form of paint among the rural folk who used it not only at home, but also around the farm.

In addition, housewives would stay up during the nights, hand stitching new curtains to hang up, in anticipation of Christmas morning. Not to be forgotten is the tremendous sheen of mahogany floors, diligently polished with an extra coat of beeswax.

Food has always been a vital part of Christmas celebrations. Even before homes were beautified, hams were cured, fruits were soaked and ginger wine and pimento liqueurs were in the making; bottles of sorrel were brewed, after which they were sweetened and laced with rum. Farmers grew anxious, inspecting their gungo peas so that they could be reaped at the right time.

When the three day holiday arrived, thousands resorted to the market where not only buying and selling took place, but a great deal of merriment. John Canoe dancers and "Set Girls" paraded the streets, making Christmas Carnival. John Canoe, in his grotesque garb, was not loved by the children in the old days. In fact, they used to run at the sight of him. He was accompanied by an actor boy known as 'Koo Koo' who was a jolly and comical figure. These characters were accompanied by a band of stragglers who followed them, providing music. People gave three coins to these entertainers as they went down the street.

Set Girls were forerunners of beauty queens. They competed for admiration from the crowds, just to see which set could outdo the other in style of dress. While they paraded, they were often joined by John Canoe dancers and together made carnival in Jamaica at Christmas time.

On Christmas morning, everyone turned out for church-adults dressed in their best and children were pleased with the gifts they had received-dolls, carts, wagons and trinkets. However, the traditional gift of the laboring class was new shoes for the seasons celebrations.

Following church, the traditional Christmas dinner - usually an early afternoon meal - was served. This special meal often took up the remainder of the day, as it also served as a family gathering in celebration of the season.

In many a home, the table was laden with ham, chicken (that had been fattened for the special event); wee pigs roasted in an oven, known as "Roast Moses", large cuts of roast beef and flour-white yams; large white or purple yampies; plantains cooked in all forms-roasted, boiled and fried. Not to be forgotten is the Christmas-gungo peas and rice, made with pure coconut milk. The chief 'sweet' at this meal was plum pudding, baked in the 'dutchie' on the coal pot in the backyard, and served with butter sauce.

Those were the good ole days when Christmas brought with it love, joy and community spirit. This year let us reflect on the true meaning of the season and strive for the magical spirit of Christmas that once reigned.

## Christmas Memories

My favourite childhood memory of a Jamaican Christmas is of grandmarket night, each December 24, at the Parade Square in downtown Kingston. The hundreds of colourful stalls, with vendors selling otaheite apples and goodies from all over the world; the sparkling starlights that every child carried; and the sudden noise of firecrackers or of balloons purposely burst by the big, bad boys—all of these things made for an exciting, pleasurable, sleepless night, the best night of the whole year.

Erma Collins

"We would wake up in the morning before sunlight, and light fire crackers and blow up balloons. There would be a competition with our neighbours to see whose firecrackers would be the brightest and go the longest. Then we would go in for breakfast – duck bread, chocolate tea, ...."

Orinthia Dawkins

"I remember going caroling throughout the district, we would wake up very early, every morning for about a week before Christmas, and go door to door. On Christmas morning after caroling we would go to church"

Herman Stewart

# Cook's Corner

## Cooks Corner

Christmas Pudding and Cake  
Excerpted from The Real Taste  
of Jamaica, Enid Donaldson  
Submitted by Lisa Chin Quee

In Jamaica because there is never, ever a dream of a white Christmas, the pudding is never served hot. Consequently beef suet is hardly used in making Christmas puddings or mince pies. Most Jamaican housewives make one mixture and bake a portion for the cake and steam the remainder for the pudding.

Raisins, currants and prunes are usually soaking for months or even years in real Jamaican rum, in anticipation of the delicious cake to be made the first week in December. This allows enough time for it to "ripen" or mature for the yuletide season.

## Preparing Fruits for Baking

Soak only raisins, currants and stoned prunes. If possible, grind all the prunes, half the raisins and half the currants, this will give the cake a "bite". Do not soak the dates, cherries, mixed peel or the nuts.

It is very important to wash the raisins and currants well. After washing, soak in cold water for half an hour, then lift the fruit from the soaking water. Dry before adding rum. Spice may

be added to the rum and wine but this is not a must.

To make a 9 inch pudding and a 9 inch cake, prepare and soak:

1lb. Raisins

1lb. Currants

1lb. Prunes

1. Cover with a mixture of rum and port wine.

2. Soak in a glass jar with a tight fitting lid. (Avoid using plastic containers when using rum.)

3. Before putting away, label the bottle, listing the quantities and the date.

4. From time to time examine fruit in soak and add more rum and wine mixture as necessary to keep the fruit covered.

To make approximately 4lbs. of cake (enough to fill a 9 inch baking tin) follow this recipe.

1/2 lb butter

1/2 lb. Granulated sugar

1 tbsp. Browning

2 tsp. Vanilla

1 tsp. Almond flavouring

2 tsp. Lime juice

1 tsp. Lime or orange rind

6 eggs

4 cups mixed fruits (raisins, currants, prunes, citron, cherries, dates)

6 ozs. Bread crumbs

6 ozs. Flour

1 tsp. Baking powder

1/4 tsp. Salt

1 tbsp. Mixed spice, 1 cup white rum

1 pt port wine/brandy optional

1/2 cup chopped nuts (not peanuts) optional

1. Prepare tin by lining sides with 2 thicknesses of paper and the bottom with 4 thicknesses of brown paper and 1 of greaseproof paper.

Grease with shortening.

Beat butter and sugar until light and fluffy.

Mix in browning, vanilla and almond flavouring, lime juice and rind.

Add eggs one at a time and beat in well. Add soaked fruit, cherries, dates and nuts.

Mix breadcrumbs, flour, baking powder, salt and mixed spice.

Add alternately with rum and port wine

Pour into prepared baking tins or steaming basins 3/4 full.

Cover and make steaming basin watertight.

Place in steamer, or put over boiling water.

Continue to add boiling water until pudding steams approximately 3 to 3 1/2 hours. Cooking time varies with size of container.

Serve with hard sauce or hot wine sauce.

## Christmas Cake

Use the same ingredients as the recipe for Christmas pudding. Make one mixture and divide in two tins. Bake one tin and steam the other.